



## **Warm Up Circuit**

Air Bike – 25cal at easy zone 3 aerobic effort

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## **Circuit I – EMOM (every minute on the minute)**

Start timer

Air Bike x 3cal - rest until timer reaches 1min

Air Bike x 5cal - rest until timer reaches 2min

Air Bike x 7cal - rest until timer reaches 3min

Air Bike x 9cal - rest until timer reaches 4min

Air Bike x 11cal - rest until timer reaches 5min

Continue repeating in descending order - 11/9/7/5/3cal

Rest x 2min

This completes 1 round.

Continue repeating for 1 additional round (140 total cal)

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## **Tools needed**

Air Bike

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## **A message from the Creator**

We're focusing on the zone we call "DEKA Zone Unlucky 7" the Air Bike. This will be an ascending to descending cal EMOM (every minute on the minute). A key goal with this workout is to work above threshold every set - you're fighting to buy as much rest time as possible (don't pace it out - go attack the cal). \*Scale down to 2/4/6/8/10/10/8/6/4/2 if necessary

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